



Kinnections
strengthening community in care homes

Emotion Cards

These Emotion Words have been drawn from the Emotional Touchpoint Resource <http://myhomelife.uws.ac.uk/scotland/resources/emotional-touchpoints/>

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Anxious

Confused

Concerned

Disappointed

Embarrassed

Weary

Frustrated

Wobbly

Judged

Misunderstood

Vulnerable

Overwhelmed

Unsupported

Powerless

Fed Up

Stuck

Annoyed

Awkward

Flustered

Calm

Delighted

Safe

Connected

Heard

Privileged

Valued

Hopeful

Excited

Inspired

Relieved

Motivated

Surprised

Trusted

Free

Curious

Included

Supported

Comfortable